



# 11 REASONS I'M STILL WEARING A MASK IN 2025

## 9 MITIGATING THE EFFECTS OF CLIMATE CHANGE

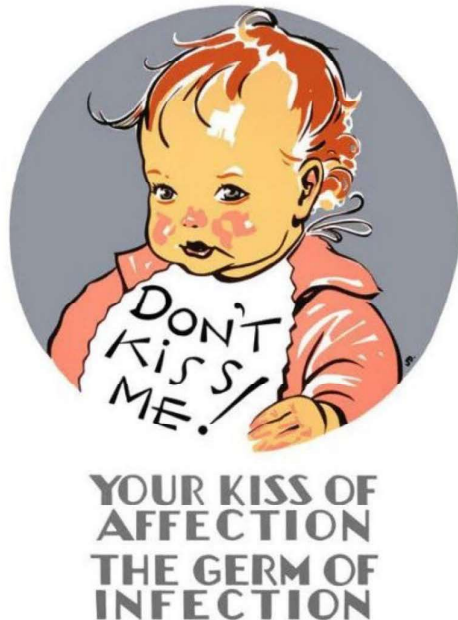
In the past few years, we've been dealing with unprecedented smoke from massive wildfires. Exposure to smoke particles has the potential to cause long-term cardiovascular and respiratory effects. If it's hazy outside or the AQI (Air Quality Index) is over 100, I'm sure as hell gonna protect my lungs with a mask.

## 2 MEASLES

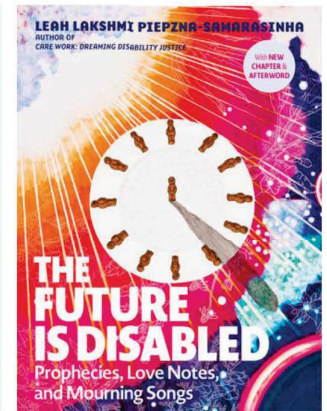
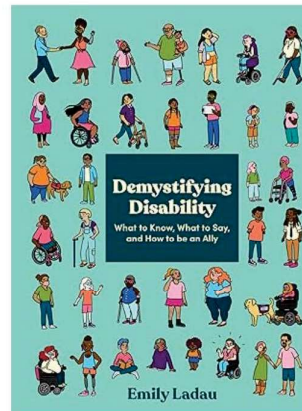
The new U.S. Secretary of Health and Human Services is out here suggesting apple vinegar can cure measles and downplaying vaccines—that's messed up!! Measles is one of the most contagious diseases out there: 9 out of 10 unimmunized children who are in contact with an infected person will contract measles themselves. And it's dangerous—it can lead to permanent brain damage or death.

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WPA Federal Art Project poster,  
created between 1936 and 1941



Learn more by reading about disabilities and disability justice. Here's two great books to get you started!



Demystifying Disability: What to Know, What to Say, and How to Be an Ally by Emily Ladau (2021)

The Future Is Disabled: Prophecies, Love Notes and Mourning Songs by Leah Lakshmi Piepzna-Samarasinha (2022)

**RSV,  
INFLUENZA,  
COLDS, ETC.**

**3**

You know what? All of it. I hate being sick. I struggle with depression, and when I get sick, normal life tasks feel like a real slog. I used to think I couldn't help getting multiple colds a year. But since I've been wearing masks, I don't get colds! Highly recommended, a five-star way to go through life!!

**GIVING OTHERS  
THE COURAGE TO  
WEAR MASKS**

**8**

When I see other people in a confined space who are wearing a mask, I breathe a little easier. Likewise, when I wear a mask, it becomes that much easier for other people to wear one too. It normalizes the idea that wearing a mask is something people do and there's no need to stare or comment on it.

# 11

## SPITE



Donald J. Trump  
@realDonaldTrump

All Federal Funding will STOP for any College, School, or University that allows illegal protests. Agitators will be imprisoned/or permanently sent back to the country from which they came. American students will be permanently expelled or, depending on on the crime, arrested. NO MASKS! Thank you for your attention to this matter.

17.5k ReTruths 79k Likes

Mar 04, 2025, 6:30 AM

Trump doesn't want us wearing masks? Because he wants to imprison and deport protestors?? Fuck that fascist pig.

# 7

## REJECTING THE IDEA THAT DISABLED PEOPLE ARE DISPOSABLE

Biden's "let it rip" Covid strategy meant that disabled and immunocompromised people were left to fend for themselves, showing how careless our society is towards people who are seen as sick or weak. My disabled friends are so precious to me. It angers me that policies in the U.S. are still based on eugenics, favoring some bodies over others. Wearing a mask is one small way to push back on that ideology.

The bad news? Wearing a mask in 2025 is politicized. The good news? Wearing a mask in 2025 is a political statement, one that not only keeps you safer but also lets people know you care about their well-being.

This zine lists some of the reasons I'm still wearing a mask to the grocery store, at the movies, on the bus, at the airport, anywhere lots of people are gathered. Maybe one or two of these reasons will strike a chord with you—it's never too late to mask up, for any reason.

# 4

## THE COST OF GETTING SICK IS TOO DAMN HIGH

Getting sick in the U.S. is an expensive proposition. Insurance coverage is a joke (deny, defend, depose) and paid sick time is limited (if people have it at all). I'd rather spend my money on travel and books than trips to the doctor where they shrug their shoulders when the tests come back inconclusive. Wearing a mask helps me avoid getting sick and having to blow my money, time, and energy on chasing medical care.

# 1

## COVID

Covid isn't over! Long Covid is still out here making people's lives harder. It can jack up your lungs, your heart, your brain, your immune system—even if you're perfectly healthy before you're infected. I don't want it and I don't want others to get it.

# 10

## SLOWING THE SURVEILLANCE STATE

Facial recognition systems are everywhere in the U.S., and those controlling them are not our friends. Increasing police surveillance means people are identified and tracked in databases, which paves the road to state repression. Wearing a mask at protests and in day-to-day life helps me make a cop's task of tracking me and my friends a little bit harder.

## PROTECTING BABIES & KIDS

# 5

A true turning point for me was walking into a children's hospital in 2022 and seeing very few adults wearing masks, even though they were freely available at the entrances. I still can't wrap my head around that. Don't we want to do everything we can to care for sick kids? Don't we want to protect babies too young to be vaccinated?

## SOLIDARITY WITH IMMUNO- COMPROMISED & DISABLED PEOPLE

# 6

Even if my mask did nothing to protect my own health, I know that wearing a mask helps keep other people safer. I can break the chain of infection and help make another person's life easier. That's what solidarity is all about—building a sense of shared responsibility for each other. Wearing a mask is an act of community care.